Muslim Circle of Canada

Saskatoon Unit

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Speech and Knowledge Competition 2024

Speech Topics: Masnoon Duas

Group: PreK - Grade 1

(1) Before Eating

بِسْمِ اللّٰه

Bismillaah.

With the Name of Allah.

(2) If you forgot to say Bismillah, then say -

بِسْمِ اللّٰهِ فِي أَوَّلِهِ وَآخِرِهِ

Bismillaahifee 'awwalihi wa 'aakhirihi.

With the Name of Allah, in the beginning and in the end.

Ref: [Abu Dawud 3/347, At-Tirmizi 4/288.]

(3) After Finishing a Meal

اَلْحَمْدُ لِلّٰهِ الَّذِي أَطْعَمَنَا وَسَقَانَا، وَجَعَلَنَا مُسْلِمِيْنَ

Alhamdulilahil ladhi at'amana, wasaqana, waj'alna min-al Muslimeen

Praise be to Allah Who has fed us and given us drink and made us Muslims.

Ref: [Abu Dawud: 3846, Nasai: 10047-10048, Tirmidhi: 3457, Ibn Majah: 3283]

(4) Before Sleeping

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allaahumma 'amootu wa 'ahyaa.

In Your name O Allah, I live and die.

Ref: [Al-Bukhari 11:113, Muslim 4:2083]

(5) When Waking up

اَلْحَمْدُ لِلّٰهِ الَّذِيْ أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُوْرُ

Alhamdu lillaahil-lathee 'ahyaanaa ba'da maa 'amaatanaa wa'ilayhin-nushoor.

Praise is to Allah Who gives us life after He has caused us to die and to Him is the return.

Ref: [Al-Bukhari, cf. Al-Asqalani, Fathul-Bari 11/113, Muslim 4/2083.]